

Dental



- ☐ Brush teeth with a child's soft toothbrush after each meal. Use a small, jiggling motion with the bristles angled to the gums. Use a very small amount of fluoride toothpaste. Do not let your toddler eat it.
- ☐ Your toddler still needs help brushing teeth. Do not leave your toddler alone with a toothbrush.
- ☐ Look at your toddler's teeth each day as you clean them. Call your dentist if you see white, brown, or black spots.
- ☐ Ask your doctor or dentist about fluoride for your toddler's teeth.
- ☐ Limit sweets to prevent dental cavities.
- ☐ Store fluoride and toothpaste out of your toddler's reach.

Nutrition

- ☐ Make meals a happy family time. You decide when and what your toddler eats. Your toddler decides whether to eat and how much.
- ☐ Do not bribe, punish or reward with food.
- ☐ Limit "fast foods."
- ☐ Offer 3 meals and 2-3 small snacks daily. Give a variety of table foods with:
 - 5-9 small servings of vegetables or fruits
 - 7-11 small servings of breads, cereals, or grains
 - 2-3 cups of whole, 1% or 2% milk
 - 2-3 small servings of protein foods, like dried beans, lean meats, poultry, fish, eggs, peas (legumes), or tofu
- ☐ Give a new food with a favorite food.
- ☐ Use a cup for all drinks.
- ☐ Give water when thirsty.
- ☐ Limit fruit juice to 1 cup.
- ☐ Do not give punch, soda or other sweet drinks, except at special times.
- ☐ Your toddler should be off the bottle.



2 Years

Growing Up Healthy



Name: _____

Height: _____ Weight: _____

Today's Date: _____

Next Appointment:

Date: _____ Time: _____

Keep emergency numbers handy:



Police, fire, ambulance: Call 911

Poison Control Number: 1-800-876-4766

- Learn Child CPR
- Put smoke alarms in hallways and every bedroom, check every 6 months.
- Have a carbon monoxide alarm.



Health and Safety

- ❑ Never leave your toddler alone in the tub, pool or near a toilet or bucket of water. Have a fence around pool/spa.
- ❑ Use stair gates and window guards.
- ❑ Label and lock up all harmful things, like soaps, cleaning solutions, lye, liquor, vitamins, iron pills, medicines, and poisons. Remove poisonous plants. Have Syrup of Ipecac on hand in case of poisoning. Call the poison center before using Ipecac. Never call medicine “candy.”
- ❑ Buckle your toddler in a car seat for every ride.
- ❑ Put car seat in the back seat.
- ❑ Never put your children in the front seat if there is an airbag.
- ❑ Use electrical safety plugs. Keep electrical cords, irons, hot liquids, pot handles, wood burning stoves and table cloths out of reach.
- ❑ Turn water heater to less than 120°. Lock up matches.
- ❑ Keep small objects, unsafe toys, plastic bags and balloons away from your toddler. Remove string from sweatshirt hood.
- ❑ Never let your toddler crawl, walk, or run with anything in the mouth.

Parenting Tips

***Your toddler has lots of energy.
Be patient. Give praise.***

What to Expect

- ❑ “No” is a favorite word of a two year old. Offer a few choices to avoid your toddler answering “no.”
- ❑ Your toddler may be able to:
 - Open doors, throw a ball over hand, and climb stairs.
 - Stack 5 or 6 blocks.
 - Speak in 2-3 word sentences.
 - Sing songs.
 - Repeat what you say.
 - Play near other children but not share with them.

What You Can Do

- ❑ Offer simple toys to put together.
- ❑ Play, talk, sing and read stories to your toddler daily.
- ❑ Praise good behaviors.
- ❑ Teach with consistency and patience. When your toddler does something wrong, say why it is wrong. Direct your toddler into a new task.
- ❑ Do not let television become a “babysitter” for your toddler. Limit TV watching to one hour a day. Watch with your toddler.
- ❑ Talk to your toddler about using the toilet or potty chair. Your toddler may not be potty trained until three years old.

If you find yourself about to hit, shake or harm your toddler, call a “Hot Line” or a friend for help.

2 Years

Health and Safety

- ❑ Take your toddler for regular health exams and vaccines (shots).
- ❑ Carry your toddler or hold hand near traffic.
- ❑ Check behind your car before backing out.
- ❑ Keep your toddler’s skin, hair, body, clothes and bedding clean.
- ❑ Wash your toddler’s hands with soap and water before and after eating.
- ❑ Teach your toddler to wash hands with soap and water after using the toilet.
- ❑ Wash your toddler’s toys often.
- ❑ Keep your toddler away from loud noises.
 - Loud noises can damage your toddler’s hearing.
 - A noise is too loud if you have to raise your voice to talk to someone only 3 feet away.
- ❑ Watch your toddler play on safe climbing equipment, swings, and in the sand.
- ❑ Put a helmet on your toddler for bike rides.
- ❑ Give your toddler a rest time or nap during the day.
- ❑ Keep your toddler away from tobacco smoke. Stop all tobacco use.
- ❑ Take your baby for a blood lead test.